

FIG. 2

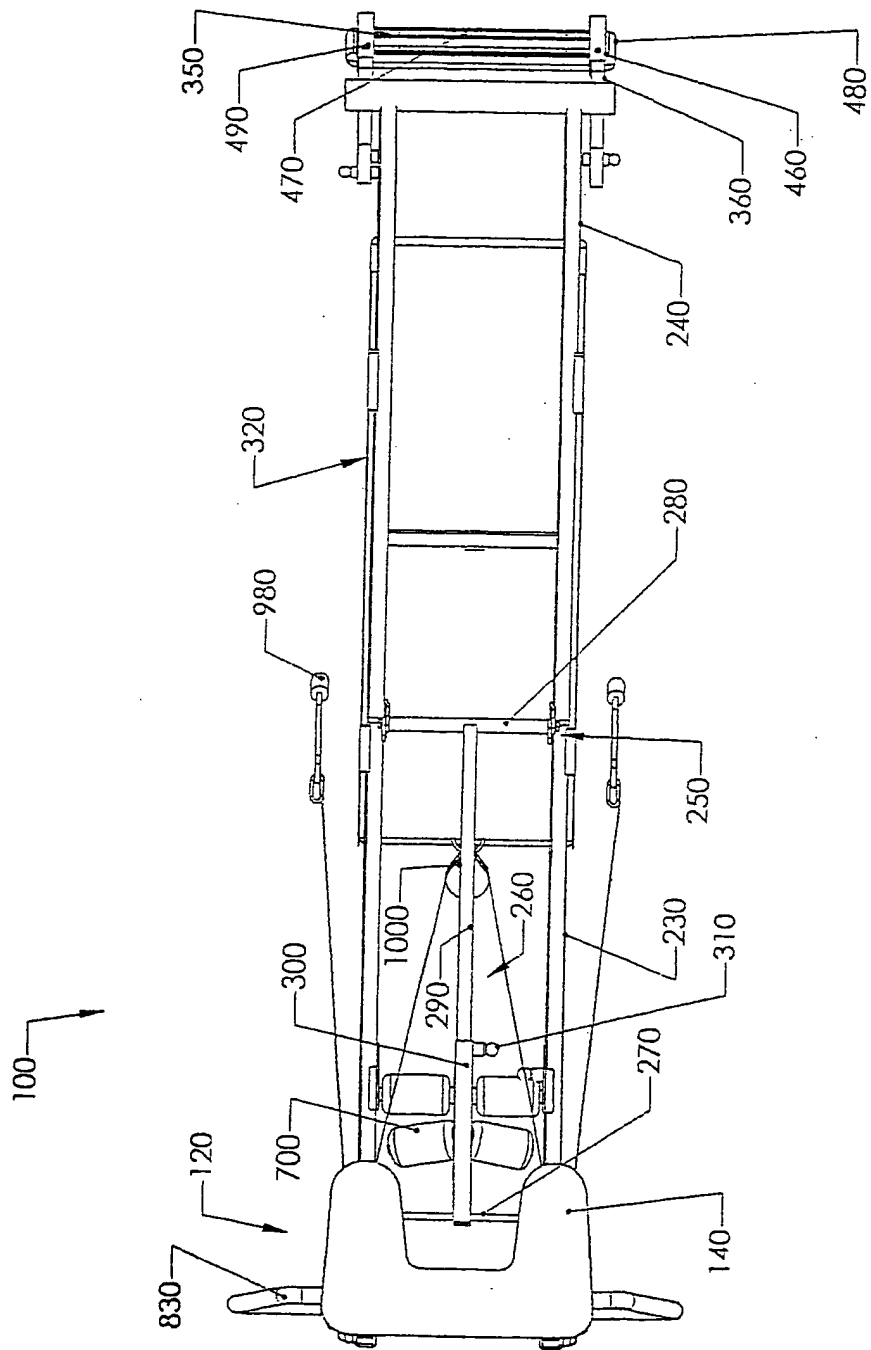


FIG. 3

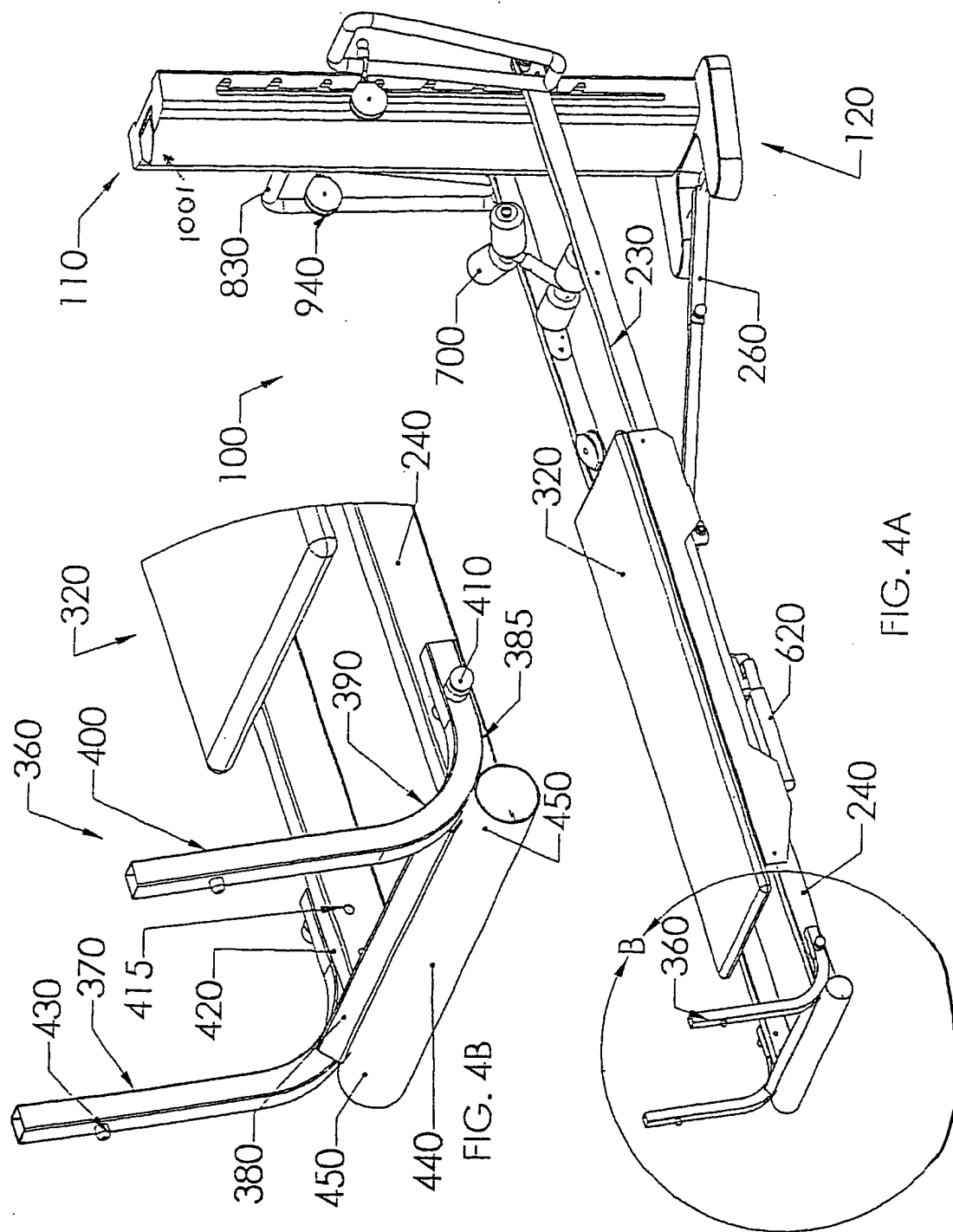
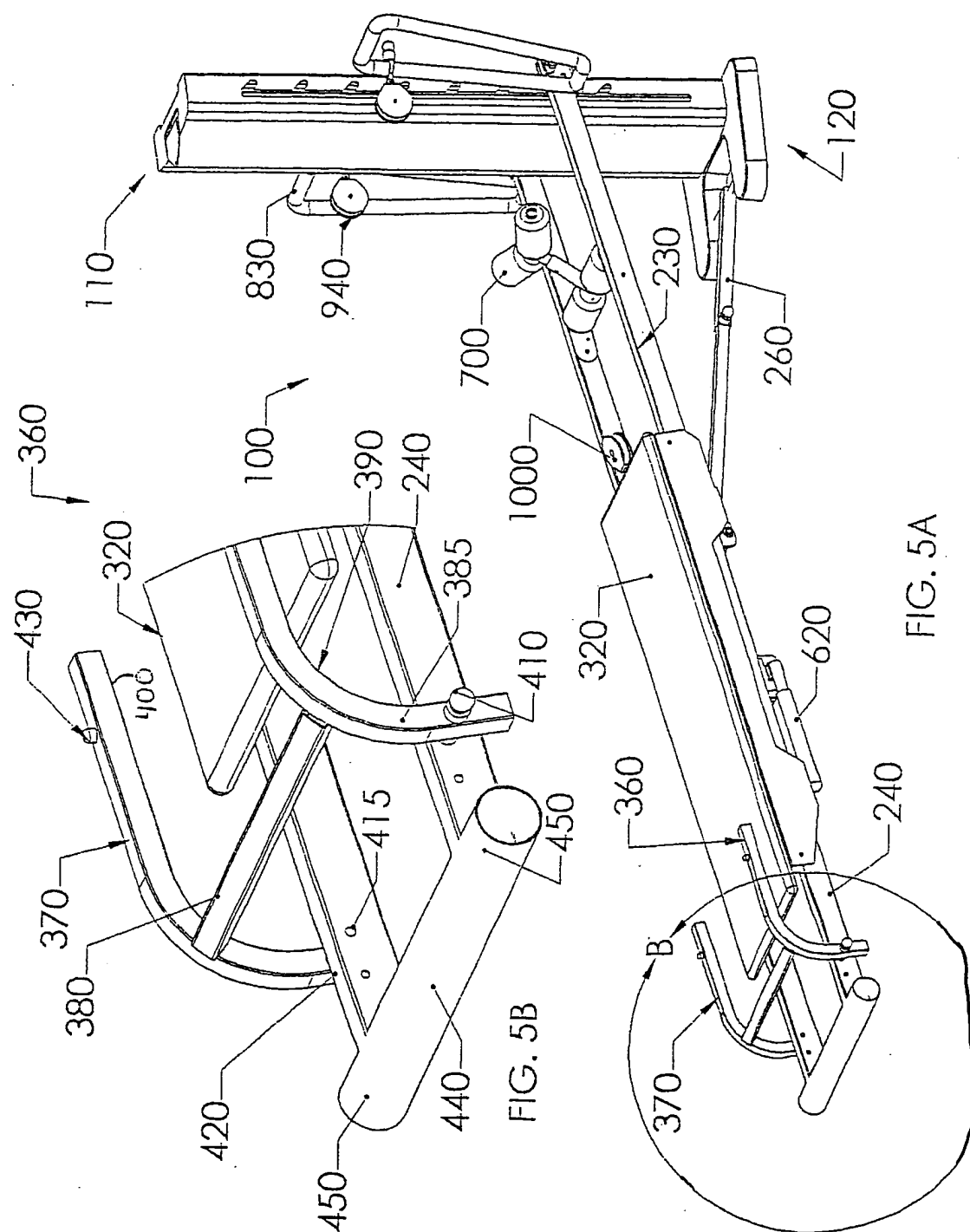
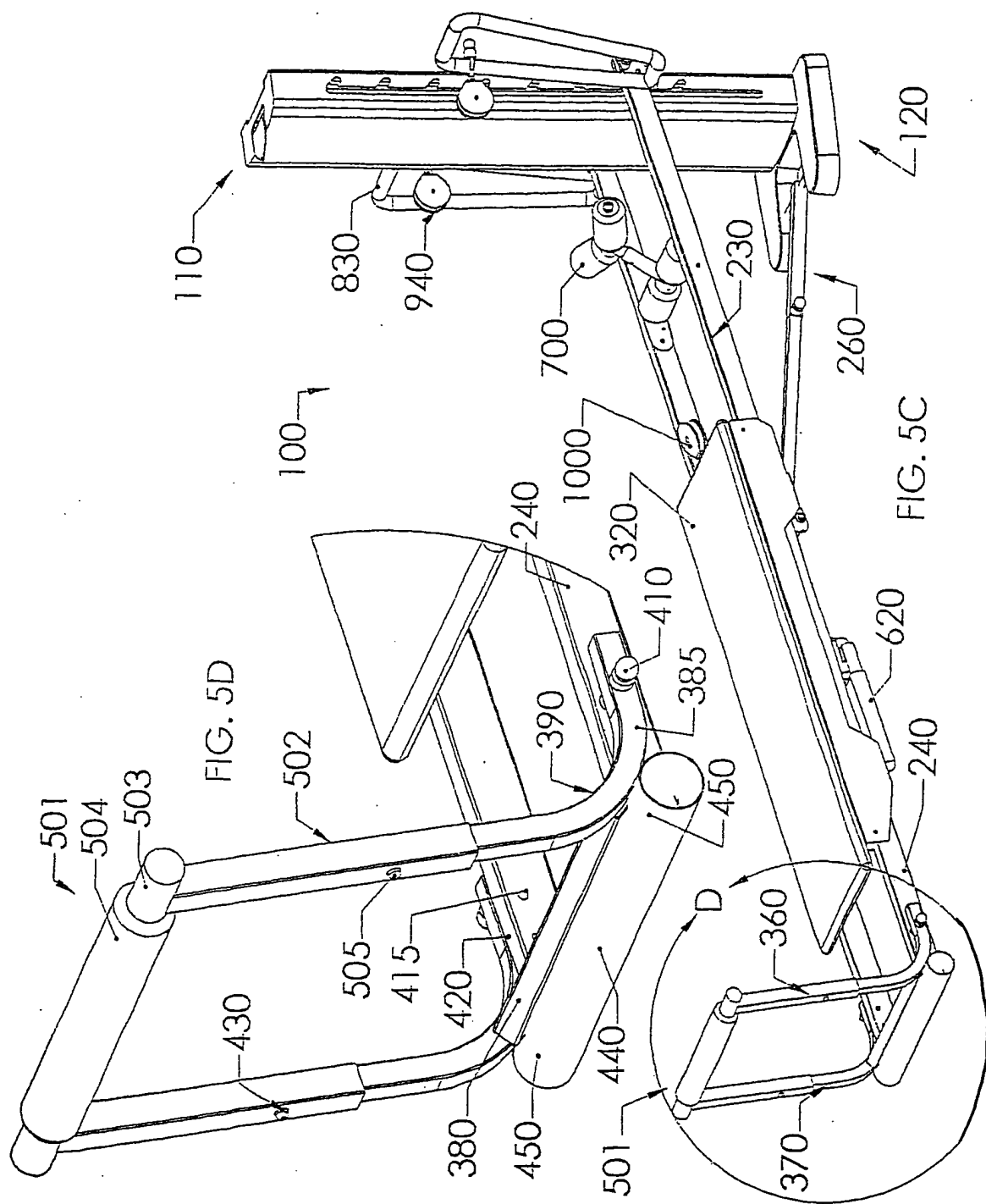
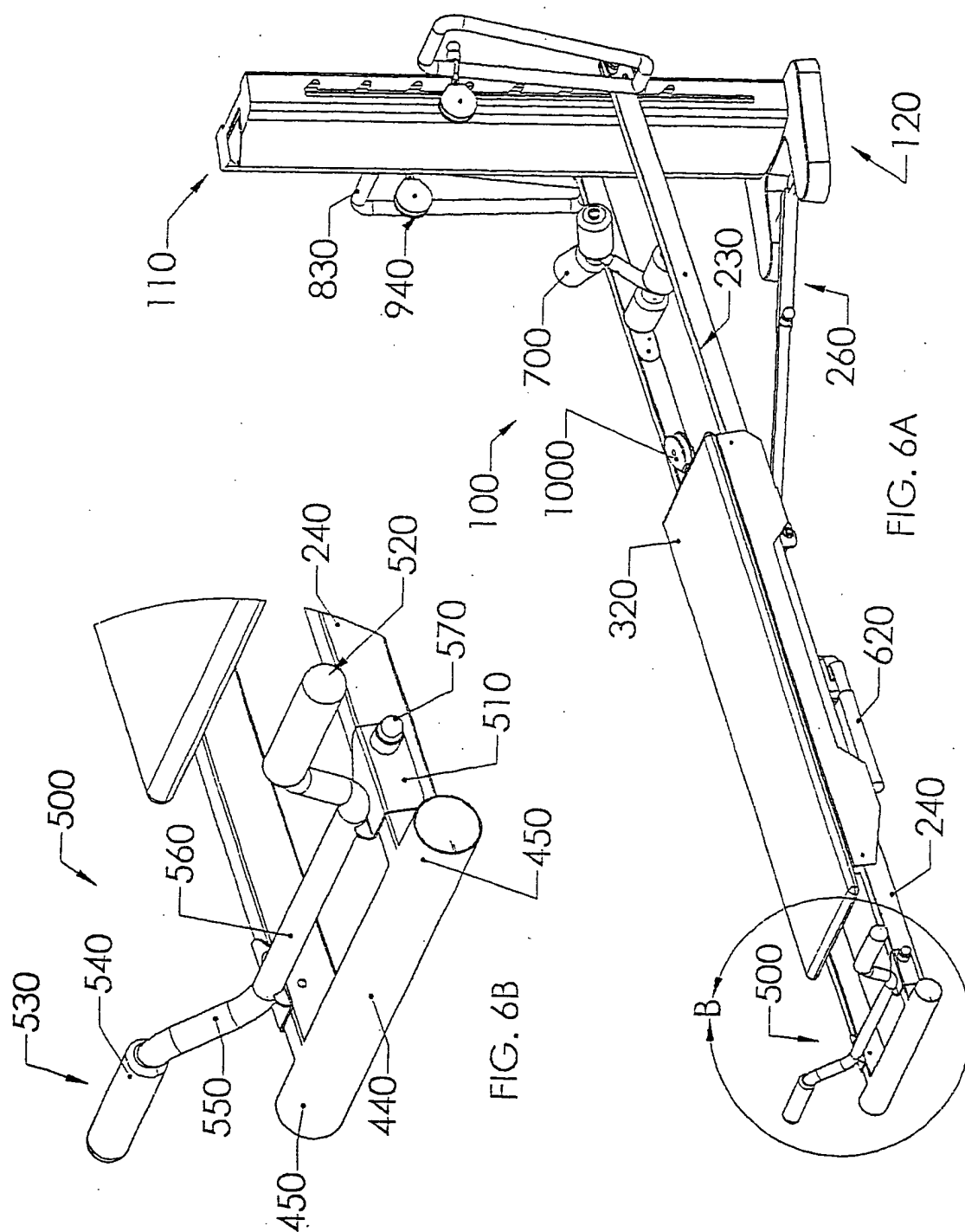


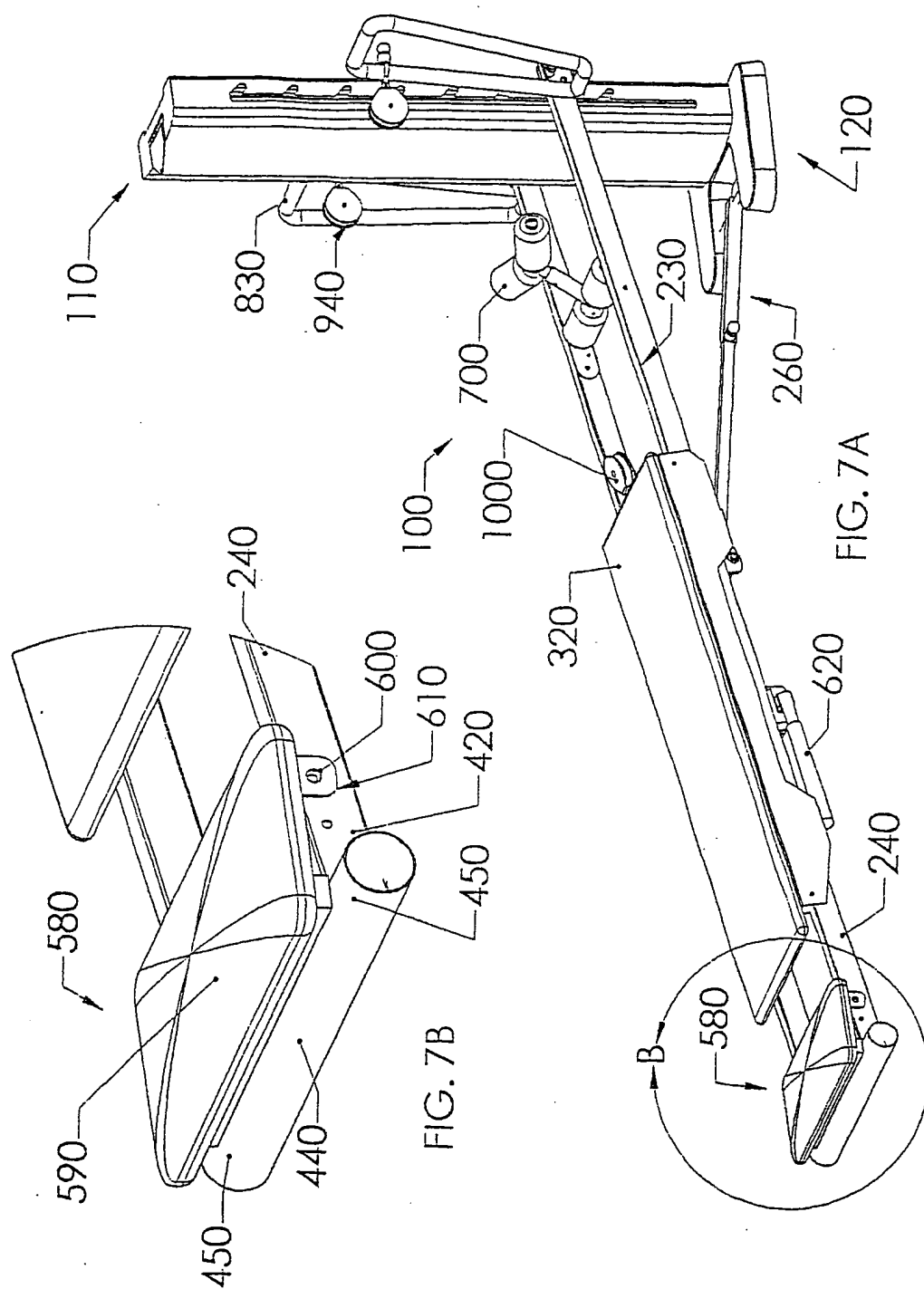
FIG. 4B

FIG. 4A

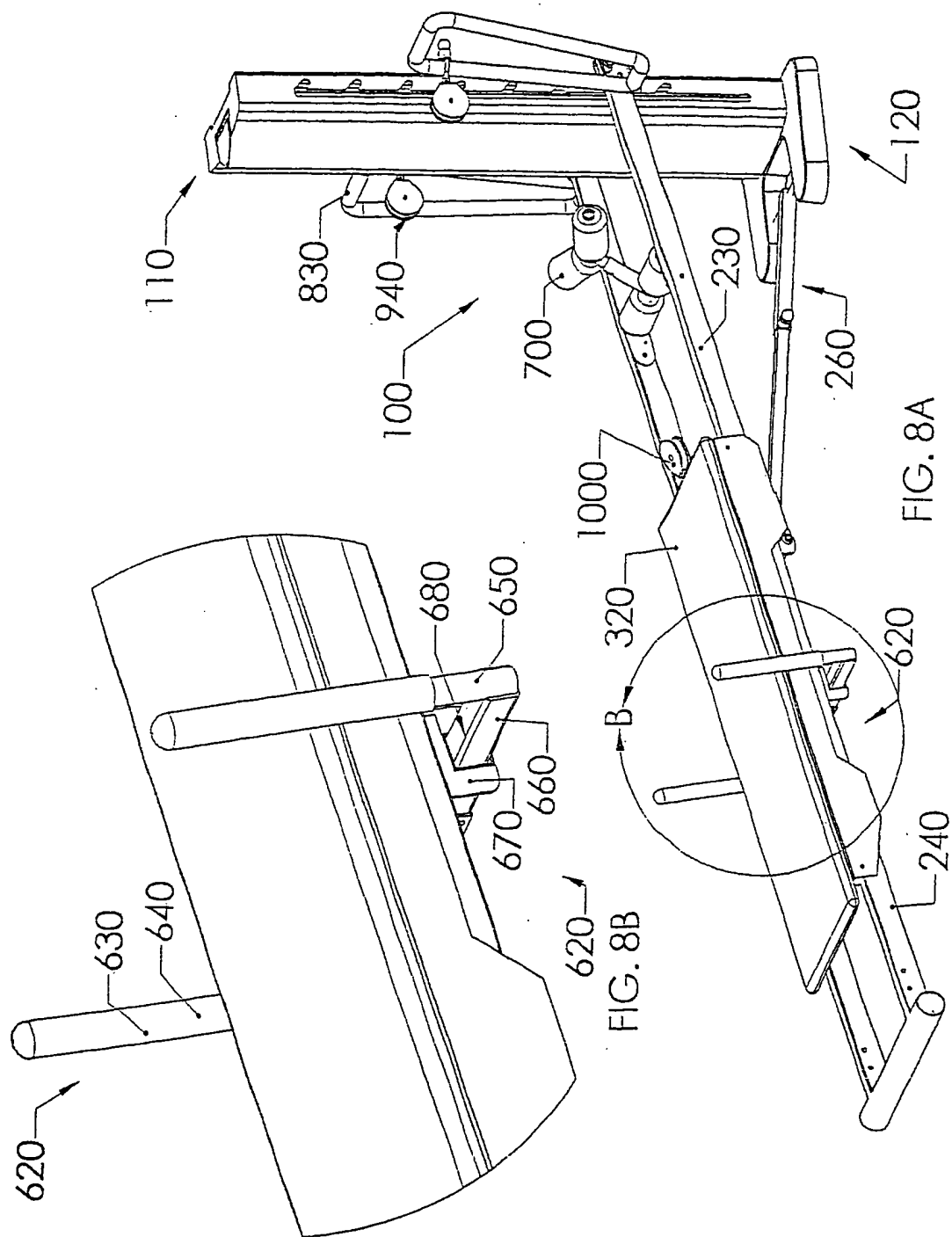


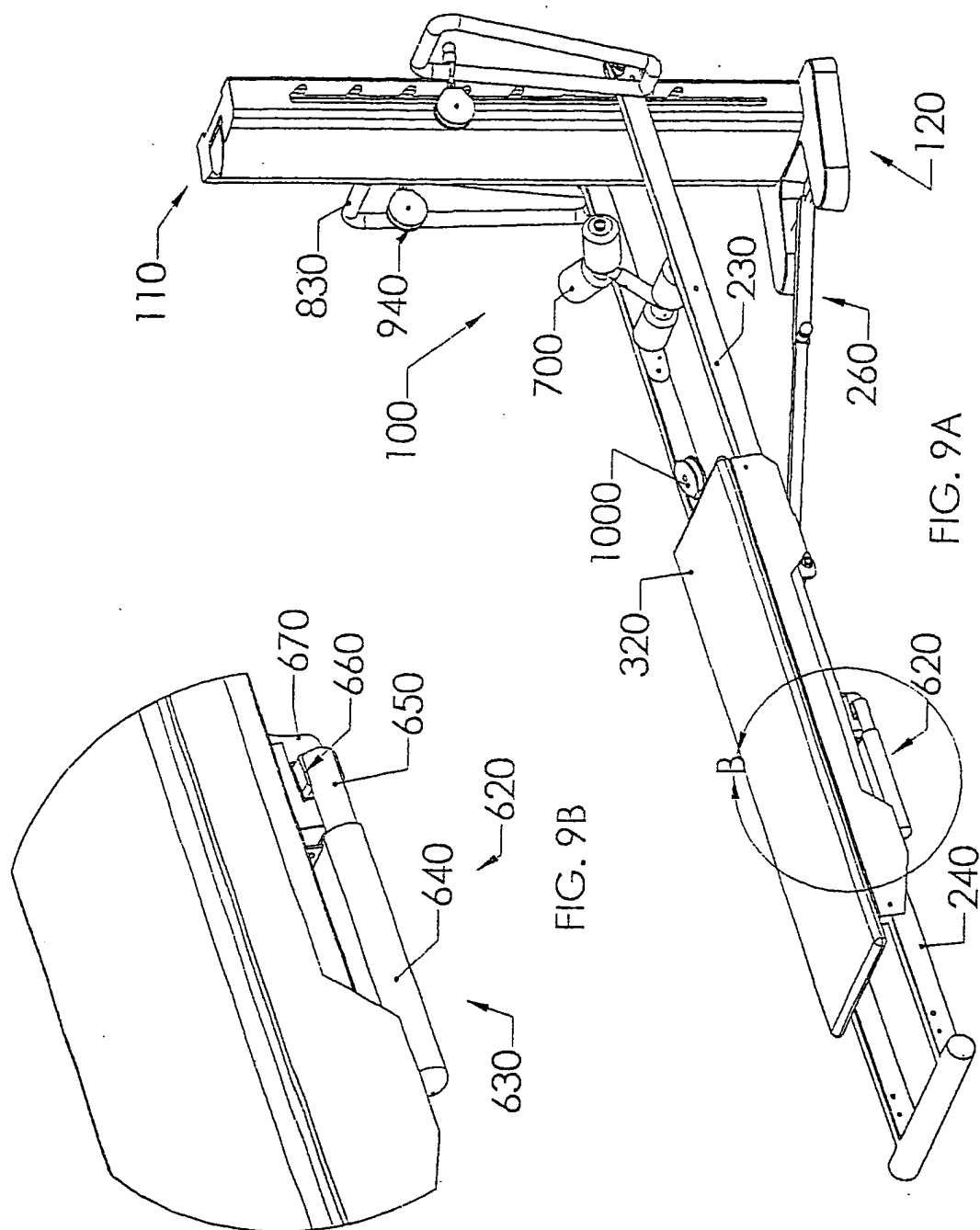












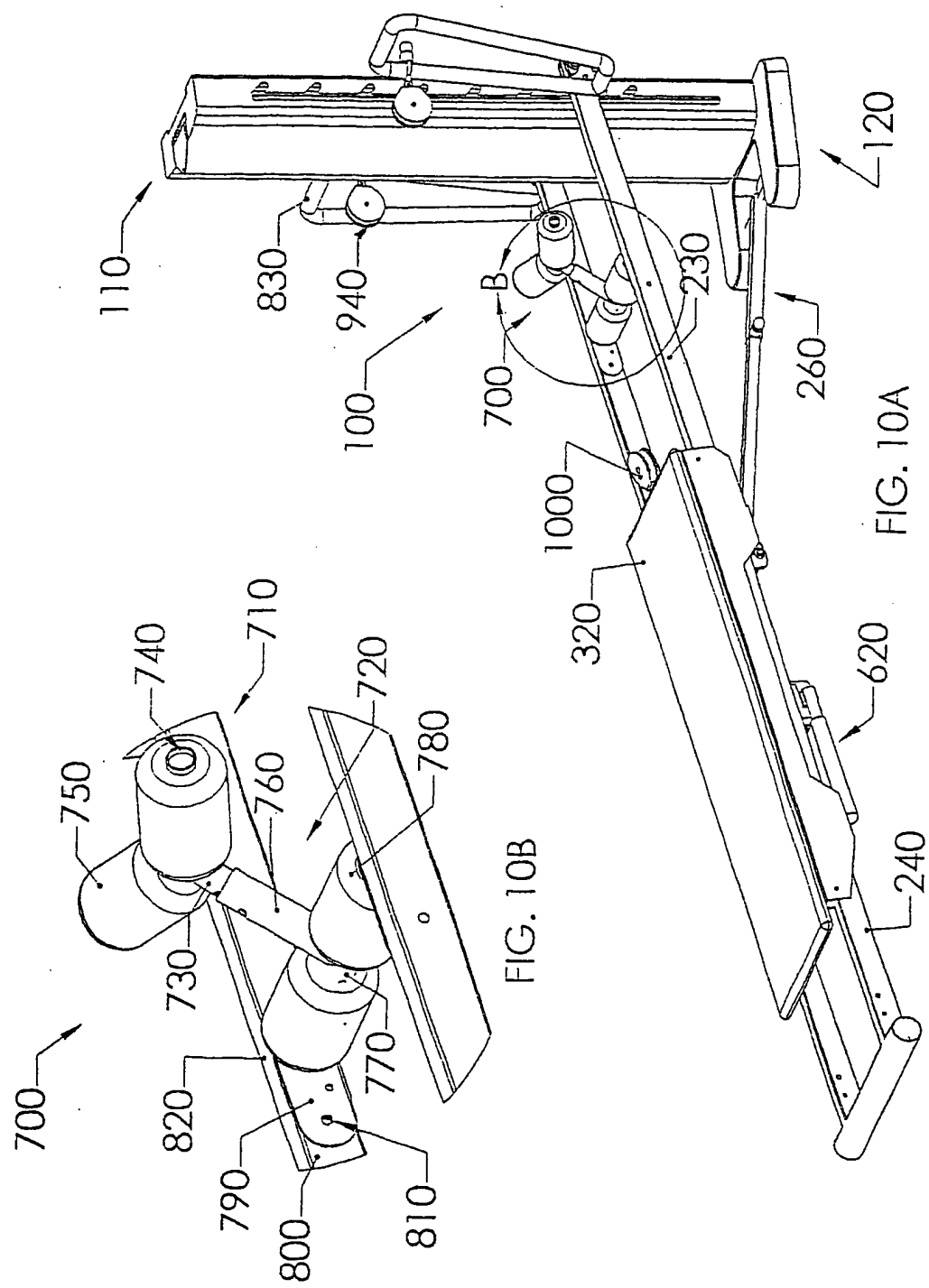
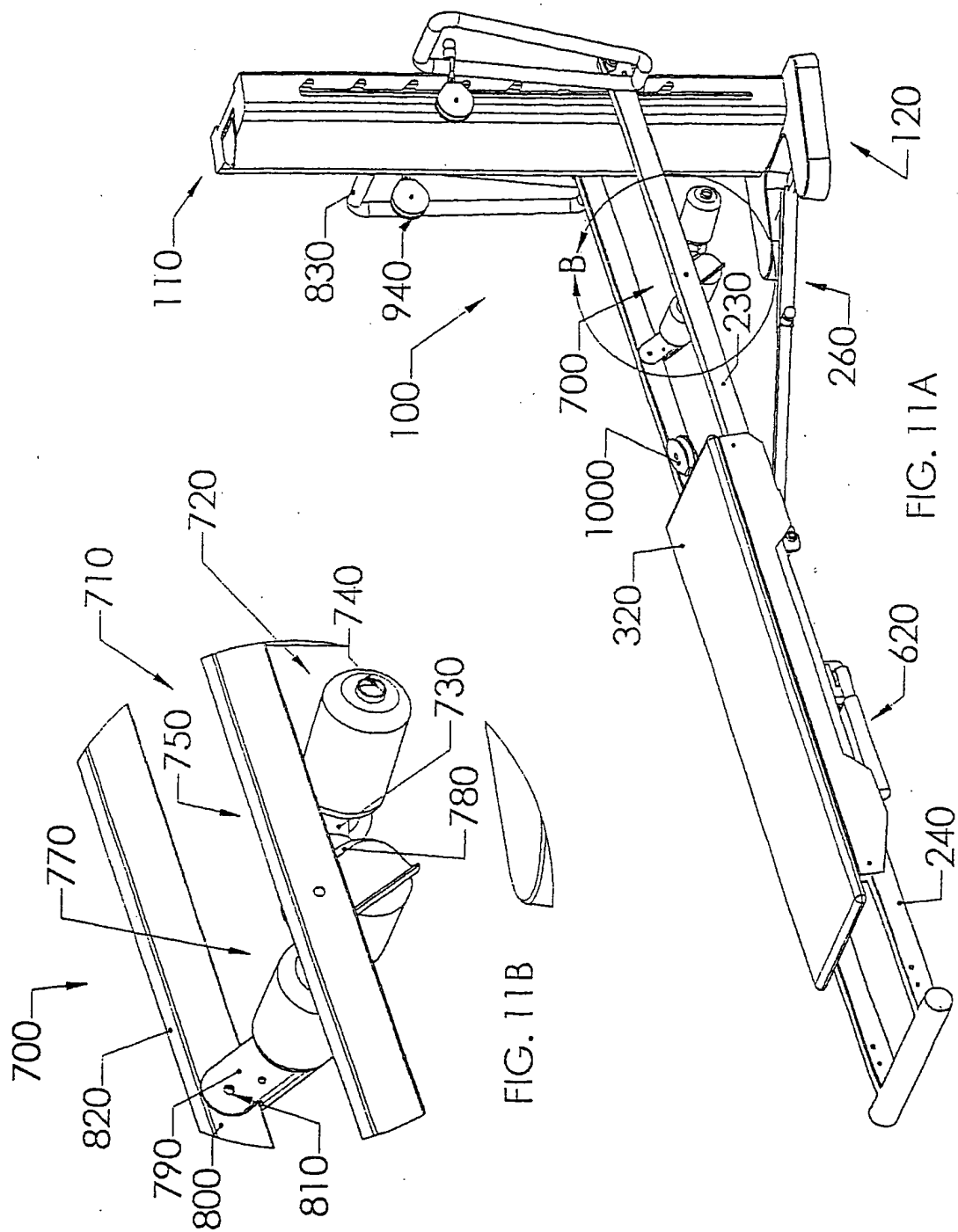
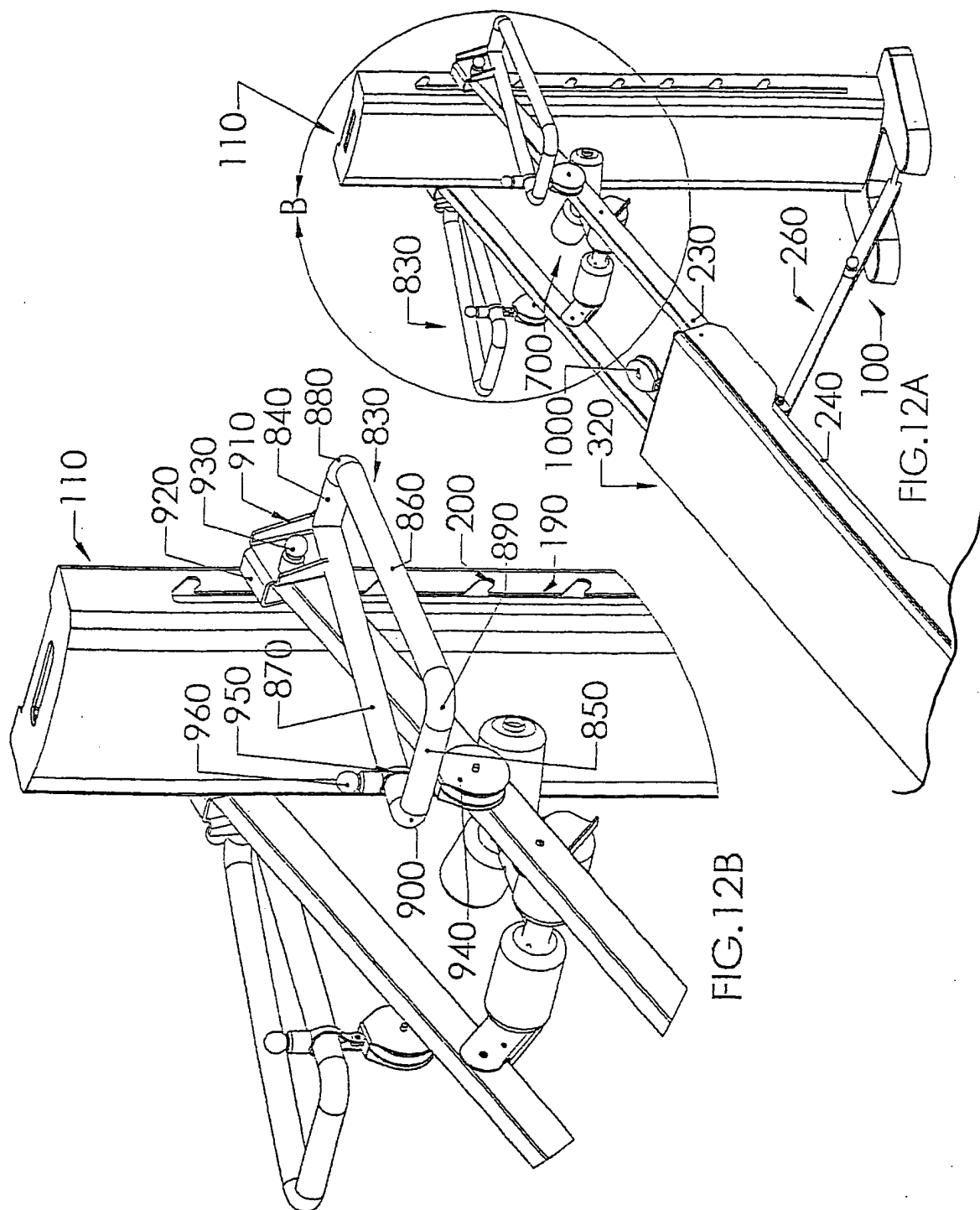


FIG. 10B

FIG. 10A





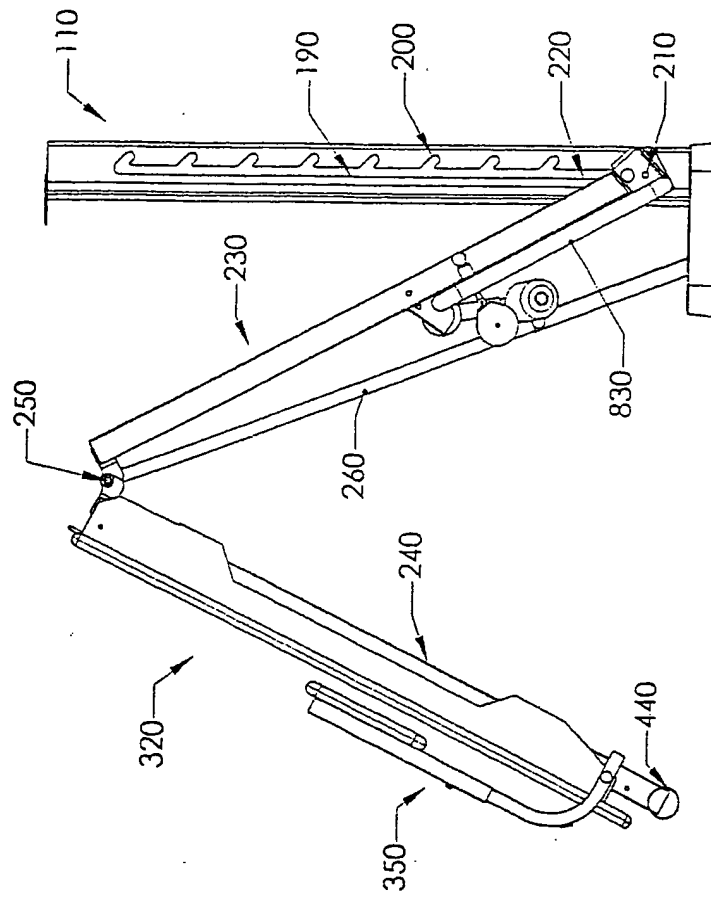


FIG.13

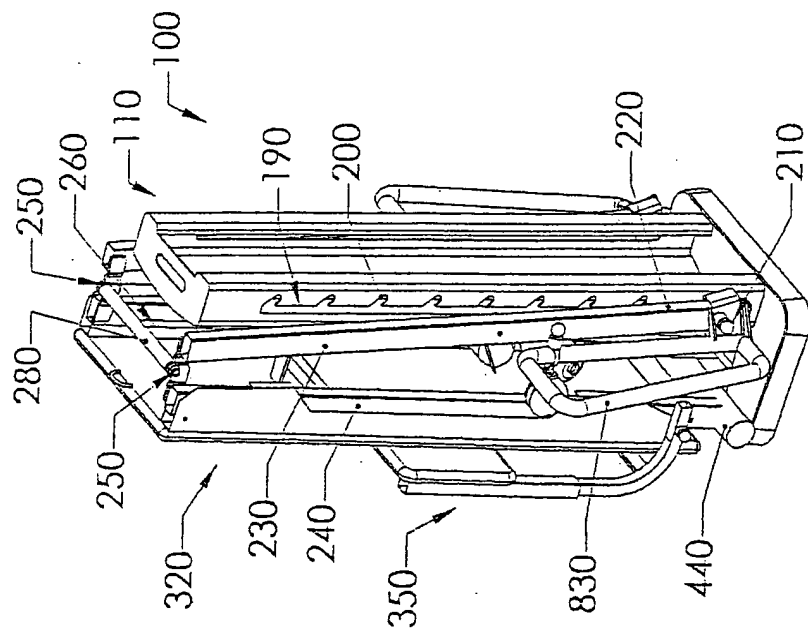


FIG.14

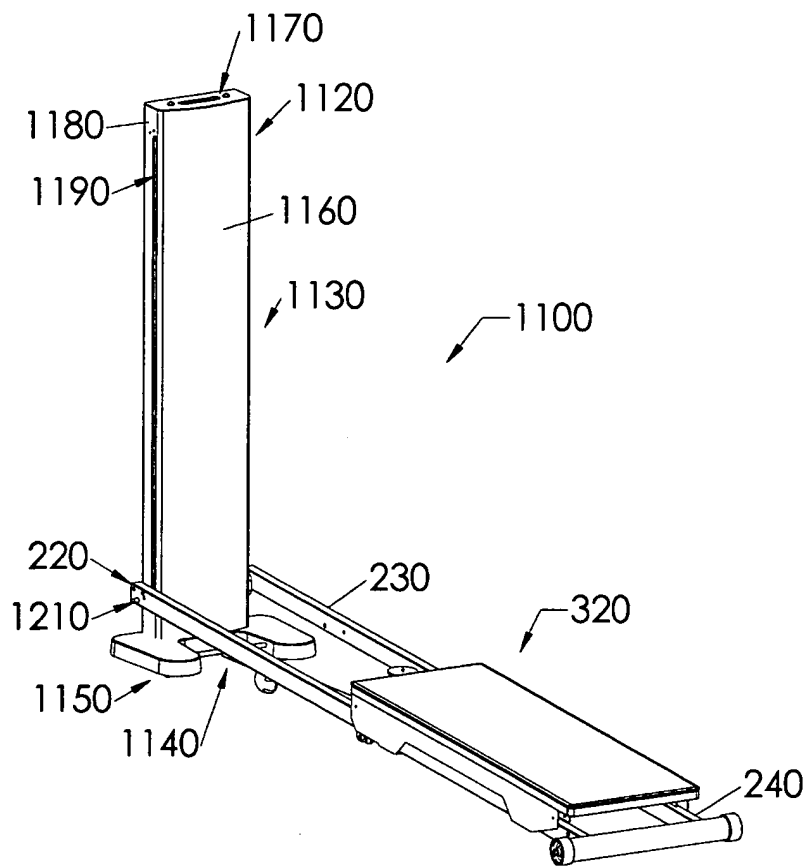


FIG. 15



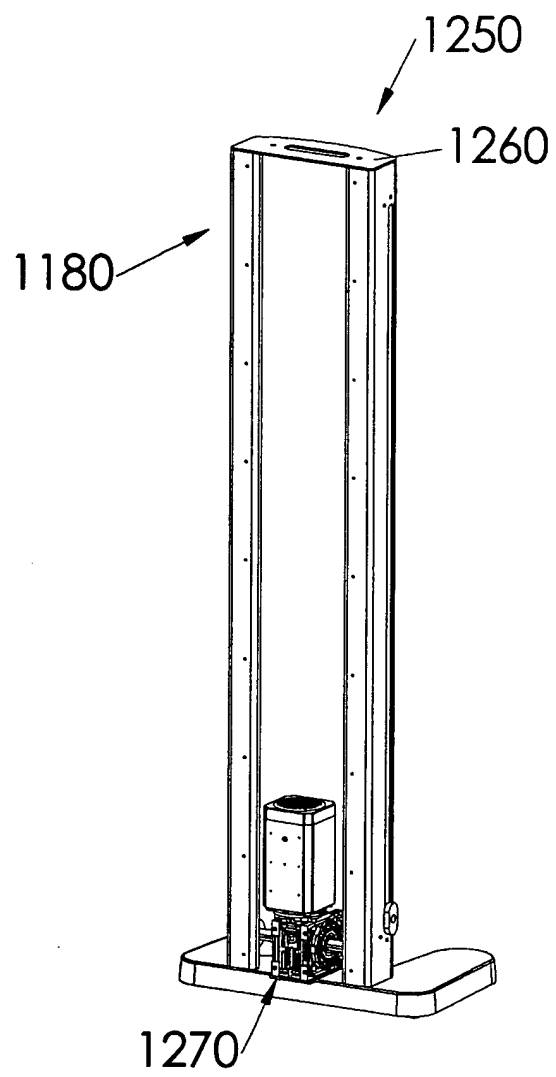


FIG. 16

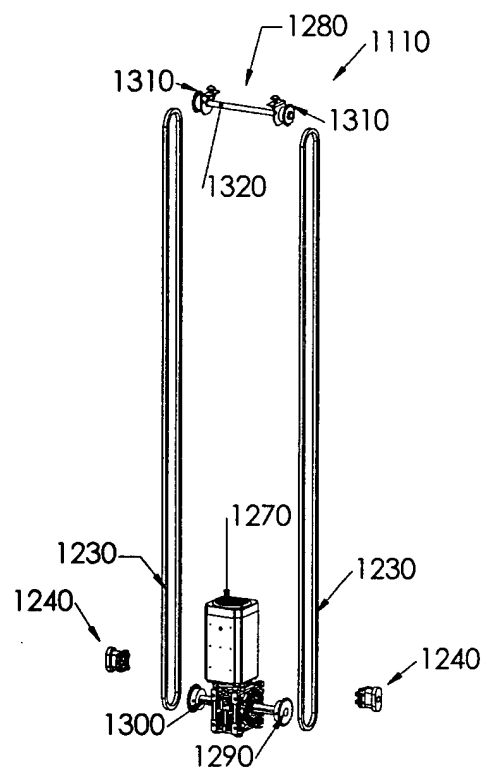


FIG. 17

# EXERCISE RESISTANCE CHART

LEVEL		1	2	3	4	5	6	7	8
Slope in Degrees		4.5°	7.5°	10.5°	13.5°	16.5°	20°	24°	27°
BODYWEIGHT	%	10	16	23	29	35	42	50	56
	weight	10	16	23	29	35	42	50	56
	%	10	16	22	29	35	42	50	55
	weight	11	18	24	31	38	46	55	61
	%	10	16	22	28	34	41	49	55
	weight	12	19	26	34	41	49	59	65
	%	9	16	22	28	34	41	48	54
	weight	12	20	28	36	44	53	63	70
	%	9	15	21	27	33	40	48	53
	weight	13	21	30	38	47	56	67	74
	%	9	15	21	27	33	40	47	53
	weight	14	23	32	41	49	60	71	79
	%	9	15	21	27	33	39	47	52
	weight	14	24	34	43	52	63	75	84
	%	9	15	21	27	32	39	46	52
	weight	15	25	35	45	55	66	79	88
	%	9	15	21	26	32	39	46	51
	weight	16	27	37	48	58	70	83	93
	%	9	15	21	26	32	39	46	51
	weight	17	28	39	50	61	73	87	97
	%	9	15	20	26	32	38	46	51
	weight	18	29	41	52	64	77	91	102
	%	9	15	20	26	32	38	45	51
	weight	18	30	43	55	66	80	95	106
	%	9	15	20	26	32	38	45	50
	weight	19	32	45	57	69	83	99	110
	%	9	14	20	26	31	38	45	50
	weight	20	33	46	59	72	87	103	115
	%	9	14	20	26	32	38	45	50
	weight	21	35	48	62	75	90	107	120
	%	9	14	20	26	31	38	45	50
	weight	22	36	50	64	78	94	111	124
	%	9	14	20	26	31	37	44	50
	weight	22	37	52	66	81	97	116	129
	%	9	14	20	25	31	37	44	49
	weight	23	38	54	69	84	100	120	133
	%	9	14	20	25	31	37	44	49
	weight	24	40	55	71	86	104	124	138
	%	9	14	20	25	31	37	44	49
	weight	25	41	57	73	89	107	128	143
	%	9	14	20	25	31	37	44	49
	weight	27	42	59	76	92	111	132	147

FIG. 18

	BEGINNER	INTERMEDIATE	ADVANCED
<b>Selection</b>	Single joint & multiple joint	Single joint & multiple joint emphasis on MJ	Single joint & multiple joint
<b>Order</b>	Large to small muscle groups	Multiple joint to single joint	High intensity to low intensity
<b>Loading</b>	60–70% of 1 Rep max.	70–80% of 1 rep max.	70%–100% of 1 rep max. 70–85% periodized
<b>Volume</b>	1–3 Sets, 8–12 Reps	Multiple sets 6–12 reps	Multiple sets, 1–12 reps with emphasis on 6–12 reps periodized
<b>Rest Interval</b>	2–3 mins. for core 1–2 mins. for others	2–3 mins. for core 1–2 mins. for others	2–3 mins. for core 1–2 mins. for others
<b>Velocity</b>	Slow to moderate	Moderate	Intentionally slow to fast
<b>Frequency</b>	2–3 x / week	2–4 x / week	4–6 x / week

FIG. 19

	BEGINNER	INTERMEDIATE	ADVANCED
<b>Selection</b>	Single joint & multiple joint	Single joint & multiple joint with emphasis on MJ	Single joint & multiple joint
<b>Order</b>	Large to small muscle groups	Multiple joint to single joint	High intensity to low intensity
<b>Loading</b>	60–70% of 1 Rep max.	70–80% of 1 rep max.	70%–100% of 1 rep max. 70–85% periodized
<b>Volume</b>	1–3 Sets, 8–12 Reps	Multiple sets 6–12 reps	Multiple sets, 1–12 reps with emphasis on 6–12 reps periodized
<b>Rest Interval</b>	1–2 mins.	1–2 mins.	2–3 mins. for heavy sets. 1–2 mins. for light to moderate
<b>Velocity</b>	Slow to moderate	Slow to moderate	Slow, moderate, fast
<b>Frequency</b>	2–3 x / week	2–4 x / week	4–6 x / week

FIG. 20

	BEGINNER	INTERMEDIATE	ADVANCED
<b>Selection</b>	Primarily multiple joint	Primarily multiple joint	Primarily multiple joint
<b>Order</b>	Large to small muscle groups	Most complex to least complex	High intensity to low intensity
<b>Loading</b>	>80% 1 RM-strength 30–60% 1RM endurance	>80% 1 RM-strength 30–60% 1RM endurance	>80% 1 RM-strength 30–60% 1RM endurance
<b>Volume</b>	Train for Strength	1–3 sets, 3–6 reps	1–3 sets, 3–6 reps
<b>Rest Interval</b>	2–3 mins. for core	2–3 mins. for core 1–2 mins. for others	2–3 mins. for core 1–2 mins. for others
<b>Velocity</b>	Moderate	Fast	Fast
<b>Frequency</b>	2–3 x / week	2–4 x / week	4–6 x / week

FIG. 21

	BEGINNER	INTERMEDIATE	ADVANCED
<b>Selection</b>	Single joint & multiple joint	Single joint & multiple joint	Single joint & multiple joint
<b>Order</b>	Variety in sequencing	Variety in sequencing	Variety in sequencing
<b>Loading</b>	50–70% of 1 Rep max.	50–70% of 1 Rep max.	30–80% of 1 Rep max.
<b>Volume</b>	1–3 Sets, 10–15 Reps	Multiple sets 10–15 reps or more	Multiple sets, 10–25 reps or more
<b>Rest Interval</b>	1–2 mins. for high rep sets	1–2 mins. for high rep sets	<1 min. for 10-15 reps
<b>Velocity</b>	Slow to moderate repetitions	Moderate to high repetitions	Moderate to high repetitions
<b>Frequency</b>	2–3 x / week	2–4 x / week	4–6 x / week

FIG. 22